

Response Prevention Planning: Relationship OCD

Exposure area/core fear: Relationship OCD/fear of not being with “the one”/intolerance of uncertainty

Goal of exposures: Increased connection with partner

Value(s) to connect with: Relationships

Hierarchy:

Scripting exercise of not being with “the one” and relationship ending	10
Scripting exercise of not being with “the one” and being miserable	9
Talk to partner about marriage when unsure of what partner wants	8
Set boundary with partner	6
Practice worry time with rumination	6
Listen to break up songs	4
Watch TV show or movie with breakups	3
Watch TV show or movie involving relationships	1

Response Prevention Plan Examples:

Exposure example: Talk to partner about marriage when unsure of what partner wants

Anticipated compulsive urges: Research prior to conversation and mental planning for how to talk about it and the right things to say, reassurance seeking with saying the right thing and not offending partner

Stimulus Control:

- Put phone and computer in another room when having urge to research
- Notice urge to reassurance seek with partner and leave room

Pick battles:

- Pick compulsive urge to challenge. For example, notice urge to research and plan, and pick battle by allowing self to plan what to say and practice non-engagement responses with future planning urges

Postponing:

- Sit with compulsive urge for 5 minutes without engagement, check-in with self and see if urge can be postponed for another 5 minutes

Opposite Action:

- If your urge tells you to plan, intentionally do not plan
- If your urge tells you to reassurance seek, complete a heavy lean in and tell yourself “I offended my partner”

Label mental ritual and abandon:

- Label compulsive urge to reassurance seek and lean into uncertainty by not asking partner

Undo it:

- If you plan by writing out what to say rip it up
- If you reassurance seek, undo it by asking your partner to say “maybe you did offend me”

Written plan example:

- I will start conversation with my partner. I will let my partner know I may reassurance seek during conversation, and my partner is aware of assurance and reassurance questions and may or may not respond with reassurance. I will complete this after session, so I will not have time to compulsively plan. I will ask my partner for their thoughts on marriage and practice present moment focus with my breath.

Response Prevention Plan:

Core fear: _____

Goals of exposures: _____

Value(s) to connect with: _____

Your hierarchy:

Your written plan:
